

BEYOND THE LABEL

**Begins Monday, January 22, 2018
6:00 p.m. — 7:30 p.m.—Moose Jaw**

A 4 week course designed for parents of children and adolescents diagnosed with mental health related disorders such as ADHD, Autism, Anxiety and Depression.

Grief and Self Care

Managing Stress and Caring for the Family

Medication and Treatment Options

Strategies

Resources and Navigating the System

Interested parents may call 306-691-6464 and ask to speak with Intake to register. Intake will inform parents of the location at time of registration.



Saskatchewan
Health Authority



saskhealthauthority.ca